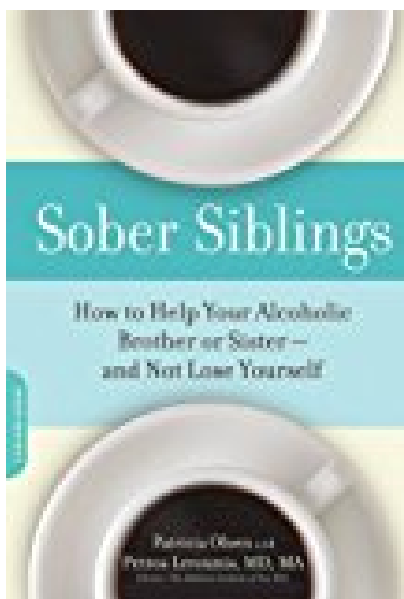


# Sober Siblings How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself

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## BOOK DETAILS

- Author : Patricia Olsen
- Pages : 240 Pages
- Publisher : Da Capo Press
- Language : English
- ISBN : 1600940552

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## BOOK SYNOPSIS

Provides helpful tips and advice for setting up boundaries, dealing with guilt, understanding the difference between helping and enabling, and coming to terms with the truth of alcoholism itself. Original.

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